ABSTRACT OF THE DISCLOSURE

A support arm apparatus and method is disclosed for stabilizing an outward, distal portion of a thin, rigid panel attached at an inward, vertical edge opposite the outward, distal portion to a fixed vertical surface, comprising a support bar having externally threaded first and second ends and formed at an elbow angle nearer the first end; a first mounting assembly installed on the first end of the support bar for attaching the first end of the support bar to the thin panel at a first location thereon; and a second mounting assembly installed on the second end of the support bar for attaching the second end of the support bar to the fixed vertical surface at a second location thereon; wherein the externally threaded first and second ends of the support bar enable adjustment of the first and second mounting assemblies respectively along a longitudinal axis of each first and second end of the support bar to stabilize the outward, distal portion of the thin panel at a predetermined panel angle.